

## PRACTICAL PEARL: Poison Ivy/Oak/Sumac

<b>INTRODUCTION</b>	<ul style="list-style-type: none"><li>• It's officially summer and if you are outdoors, you are at risk for developing a rash from poison ivy, poison oak, and poison sumac.</li><li>• This rash is caused by a reaction to the oil found in the plants. The itchy, blistering rash often does not start until 12 to 72 hours after contact with the oil.</li><li>• Rash is described as itchy red streaks with blisters and can be associated with swelling and hives.</li></ul> <p><a href="#"><u>POISON IVY, OAK, AND SUMAC: WHO GETS A RASH, AND IS IT CONTAGIOUS?</u></a></p>
<b>INITIAL EVALUATION AND MANAGEMENT</b>	<ul style="list-style-type: none"><li>• Immediately rinse your skin with lukewarm, soapy water and wash your clothing.</li><li>• Do not scratch and leave blisters alone.</li><li>• Take short, lukewarm baths in a colloidal oatmeal preparation, which you can buy at your local drugstore. You can also draw a bath and add one cup of baking soda to the running water. Taking short, cool showers may also help.</li><li>• Apply calamine lotion or hydrocortisone cream.</li><li>• Apply cool compresses to the itchy skin.</li><li>• Consider taking an oral antihistamine.</li></ul>
<b>WHEN TO REFER</b>	<ul style="list-style-type: none"><li>• Go to the Emergency Department with any trouble breathing or swallowing</li><li>• See your primary care physician for rash that covers most of your body with extensive blisters or develops on your face or genitals, significant swelling or hives, especially eyelids</li><li>• Treatment may require systemic corticosteroids, such as a course of oral prednisone tapered over 14 or 21 days</li></ul>